

You are scheduled for _____ Date: _____

with Dr. _____

Please arrive to Vascular Labs of the Rockies at this time: _____

The address and number to the facility is: **4105 E. Florida Ave. | Denver, CO 80222 | (303) 529-5252**

Preparing for your procedure:

- Nothing to eat eight hours prior to the procedure.
- Sips of water with your medications are okay to take the morning of your procedure.
- Have transportation arranged to drive you to the facility and back home, or a responsible adult who can monitor you must accompany you at discharge.
- Glasses/contacts; hearing aids and dentures can be worn during the procedure.
- You may need to stay in bed for 2–4 hours following the procedure.
- If your procedure is a Pacemaker or ICD insertion, you will have restricted movement on the affected side for at least 2 weeks.
- If you take blood thinners, discuss with your physician when or if you should stop taking them prior to your procedure.

Medications (the morning of the procedure) DO NOT TAKE:

- Your fluid (diuretic) medication
- Your blood sugar (diabetic) medication whether oral or insulin. (Diabetics please check your blood sugar before coming to the hospital.)
- Hold Warfarin (Coumadin) at least 72 hours prior to procedure.
- Hold Metformin or Metformin containing medications for at least 48 hours starting the day of your procedure.

PLEASE TAKE all other medications as prescribed unless you are told otherwise below:

Arriving to the Facility:

Please have the following information ready:

- List of all your medications prescription and non-prescription, including dosages and how many times a day you take them.
- List of all your allergies.
- Current insurance card and ID.
- Any advance directive information.

Check In:

Report to the Vascular Labs of the Rockies suite on the first floor of the building. Once you are checked in, you will be brought into the Holding area where the Cath Lab staff will prepare you for the procedure. Your physician will see you prior to your procedure and go over any questions or concerns you may have.

- ADMIT to ASC/OBL for (procedure): _____
- NPO x Sips of water with meds
- VS upon arrival and q30 minutes, initiate cardiac monitoring

Labs:

Check CBG on diabetic patients

Medications:

For Contrast Allergies:

- Solu-Medrol (Methylpredisolone) 125mg IV x1 dose 1-hour pre-procedure if allergic to contrast/iodine/shellfish
- Solu-Cortef (hydrocortisone) 100mg IV x1 dose 1-hour pre-procedure if allergic to contrast/iodine/shellfish
- DiphenhydrAMINE (Benadryl) 50mg PO 1-hour pre-procedure if allergic to contrast/iodine/shellfish

ON CALL TO CATH LAB:

- Clopidogrel bisulfate (Plavix) _____ mg PO x1 dose now
- Prasugrel (Effient) 60mg PO x1 dose now
- Benadryl (DiphenhydrAMINE) 50mg PO x1 dose now

- Assess distal pulses; perform Allen's, Barbeau or Reverse Barbeau test if radial procedure
- Insert IV and start IVF _____ @ _____ mL/hr
- Perform hair removal of access site

iStat:

- PT/INR CMP
- CBC 12 lead EKG

- DiphenhydrAMINE (Benadryl) 50mg IV x1 dose 1-hour pre-procedure if allergic to contrast/iodine/shellfish
- DiphenhydrAMINE (Benadryl) 25mg IV x1dose 1-hour pre-procedure if allergic to contrast/iodine/shellfish
- Famotidine (Pepcid) 20 mg PO x one dose 1-hour pre-procedure if allergy to contrast/iodine/shellfish

- Diazepam (Valium) 5mg PO x1 dose now
- Aspirin 81mg PO x1 dose now
- Aspirin 325mg PO x1 dose now
- IV Antibiotic: _____

MD Signature: _____ Date: _____ Time: _____

- ADMIT to PACU
- VS q15min x4, q30min x2, then q1hr until discharge
- Assess distal pulses on arrival to PACU and

TR Band:

- Confirm patent hemostasis, perform Barbeau/Reverse Barbeau test.
- Begin removal of TR band 1-hour post arrival to the unit.

Sheath Removal

- ACT upon arrival to PACU
- Remove sheath if ACT less than 170. If greater than 170, recheck ACT in 15 minutes, remove if less than 170, or per physician order.
- Apply 4x4 and tegaderm to site once hemostasis is achieved; Patient may remove dressing in 24 hours.

Activity:

- May ambulate in _____ hrs, activity as tolerated.
- DIET as tolerated, encourage PO fluids

TR Band:

- Plavix 300mg PO x1 dose now
- Plavix 75mg PO daily
- Effient 60mg PO x1 dose now
- Effient 10mg PO daily
- Brilinta 180mg PO x1 dose now
- Brilinta 90mg PO twice daily

report any changes to MD

- Assess access site for bleeding or hematoma with VS checks
- CBG for diabetic patients

- Remove 2-3mL of air every 10-15 minutes, if bleeding occurs, instill air back into band until hemostasis is achieved. Monitor for hematoma.

- For vasovagal reactions: 1) place patient in Trendelenburg, as appropriate, 2) administer 250mL 0.9%NS IV fluid bolus, 4) Notify MD, 3) may administer Atropine 0.5mg IVP x1 if HR<40bpm and SBP<80mmHg at MD discretion

- Bedrest for femoral access until sheath removed, or if closure device is in place.

- Xarelto _____
- Eliquis 2.5mg PO daily
- Eliquis 5mg PO daily
- Aspirin 81mg PO daily
- Aspirin 325mg PO daily
- Other: _____

Discharge:

when patient's Ramsey at baseline, awake and alert for discharge teaching, tolerating ambulation without bleeding or hematoma to access site; may resume home medications and diet. If patient is a smoker, counsel on smoking cessation. Activity as tolerated, no heavy lifting >10lbs.

Return to office for follow up appointment in _____ weeks.

MD Signature: _____ Date: _____ Time: _____